

# ESSENTIAL INFORMATION PERU, ECUADOR & THE GALÁPAGOS

## PASSPORT AND VISA INFORMATION

Your passport needs to be valid for **at least six (6) months** after your journey ends, and should have a minimum of two (2) blank visa pages for entry and exit stamps.

Holders of U.S. and Canadian passports are not required to obtain a tourist visa for entry into Peru or Ecuador for stays of up to 90 days.

Our partner VisaCentral offers easy, efficient U.S. passport and visa processing. Visit them online at [visacentral.com/abercrombiekent](https://visacentral.com/abercrombiekent) or call 844 823 1224 and reference A&K's account number 73001. Service fees apply.

Citizens of other countries should contact the appropriate consular office for entry requirements pertaining to their journey.

## LOCAL HEALTH & SAFETY PROTOCOLS

### Peru

If your journey includes travel to high-altitude Andean destinations in **Peru** including Cusco, the Sacred Valley, Machu Picchu, Puno and Lake Titicaca, or Quito, Cuenca, or Cotopaxi in **Ecuador** you may experience altitude sickness. Please consult your healthcare provider for suggestions on prevention and treatment.

If you will be hiking the Inca Trail from KM 104 to Machu Picchu, be aware that this full-day high-altitude hike is challenging and over steep and uneven terrain. A good level of physical fitness and appropriate footwear is necessary.

If travelling to the Amazonian rainforest regions, please note that temperatures and humidity can be extreme. Itineraries to the Ecuadorian rainforest, cloud forest or Central Andes regions feature active elements including walking over uneven or slippery terrain and require a reasonable level of fitness and mobility.

## YELLOW FEVER VACCINATION

A yellow fever vaccination is only required to enter Ecuador if you are arriving from or have transited through a yellow fever endemic area in South America or Africa. The CDC and WHO each provide a current list of all affected countries. If vaccination for yellow fever is necessary, you must carry an International Certificate of Vaccination provided by your physician; you may be denied entry without it.

If your physician advises against receiving the vaccination because of your personal medical history, he or she can provide you with the necessary documentation for the country/countries you are visiting.

## CASH & CREDIT CARDS

The U.S. dollar is as readily accepted throughout Peru as the local currency. Carry recently issued bills in smaller denominations. High-end restaurants, hotels and shops accept major credit cards. Smaller shops and local tourist venues prefer cash. When leaving a small gratuity, it is best to tip in local currency. ATM access is available in Lima, Cusco and major towns and most ATMs allow withdrawals of up to US\$200 or the equivalent in soles per transaction.

Ecuador's currency is the U.S. dollar; however, coins are minted and accepted only in Ecuador. Most merchants and banks will not accept \$100 bills due to counterfeiting schemes. Be sure to carry a supply of new, crisp bills in small denominations of \$5, \$10, \$20 or \$50. Major credit cards

are generally accepted in larger cities in shops, hotels and restaurants. ATM access is available in larger cities.

#### OF SPECIAL NOTE: PERU

Please note that if you will be using professional photographic equipment in Machu Picchu, including tripods, you are required to obtain special authorization and pay a fee. If you plan to carry more than one camera or any specialized lenses, contact A&K in advance of your departure. To avoid problems, you may choose to carry only a smaller camera into the site.

#### *Niños del Arco Iris* (Children of the Rainbow) Visit

Guests whose itinerary includes a visit to *Niños del Arco Iris* (Children of the Rainbow), a project supported by A&K Philanthropy, may choose to pack some small items to give as gifts. Suggested items include school supplies such as pencils, colored pencils/crayons, markers, Play-Doh and notebooks. Please contact A&K for the appropriate protocol on gift-giving.

#### OF SPECIAL NOTE: GALAPAGOS ISLANDS

All travellers must complete a Galápagos Control Card at the airport prior to boarding their flight to the Galápagos Islands. In order to protect marine and wildlife and their habitats, the Galápagos Governing Council has banned single-use plastics in the Galápagos Islands. This includes plastic straws, single-use plastic bags, Styrofoam take-out containers and plastic bottles. Guests are advised to pack according to these restrictions. Remember that in order to enter the islands, every piece of luggage is thoroughly inspected and banned items will be taken away.

#### PACKING LIST & BAGGAGE RESTRICTIONS

On domestic flights within Peru and Ecuador each traveller is limited to one (1) checked bag weighing no more than 50 pounds (23 kilograms), with linear dimensions (height+width+depth) not to exceed 62 inches (158 centimeters). In addition you may bring one (1) personal item (such as a purse or laptop), which must fit under the seat in front of you, and one (1) carry-on weighing up to 17 pounds (8 kilograms), maximum dimensions not to exceed 21 inches (55 centimeters) x 13 inches (33 centimeters) x 9 inches (25 centimeters) (height, depth and width), including the pockets, wheels and handle.

Baggage on trains to and from Machu Picchu is limited to one (1) bag or backpack not to exceed 17 pounds (8 kilograms), and linear dimensions of 62 inches (158 centimeters). Luggage storage may be arranged, if necessary, with your guide. Depending on your itinerary, tagged luggage can be stored at your hotel in Cusco until you return from Machu Picchu. (Additional costs may apply.)

When visiting Machu Picchu, please note any type of bag/backpack measuring more than 15.7 inches (40 centimeters) x 14 inches (35 centimeters) x 8 inches (20 centimeters) is not permitted, and must be placed in storage (near the entrance of the citadel).

Please use the provided A&K luggage tags, even if your bags already have ID tags. This makes it easier for A&K staff to find and manage your luggage for you.

#### Clothing

Choose versatile, casual clothing that can be layered if the weather (or level of air-conditioning) requires. Shorts, tee shirts and similar clothing will be appropriate for many activities and for everyday wear on board most Galápagos cruise boats. Light cotton slacks with long sleeved shirts will offer protection from the sun and dense vegetation (also good for cooler evenings or walks in the highlands). Light and neutral colors are best; black, navy or other dark colors tend to attract insects.

Galápagos cruise vessels generally have snorkeling gear for all passengers; however, if you use fins smaller than a size 6-7 or larger than a size 10-11 we recommend that you bring your own.

If visiting Amazon regions, expedition-type ventilated long-sleeved shirts and pants (including some pants with zip-off legs that convert long-pants into shorts) are recommended.

Smart casual attire is appropriate for evenings. Meals on board Galápagos ships are generally a casual affair, though on some vessels, shorts should not be worn to dinner. Formal clothing is not necessary.

- Casual slacks
- Walking shorts
- Polo shirts, casual short-sleeve shirts or blouses
- Long sleeve shirts or blouses
- Lightweight raincoat or poncho
- Personal garments
- Sweater or lightweight fleece jacket (from June to September it can be cooler in the early morning hours)
- Swimwear/cover-up
- Sleepwear
- Comfortable walking shoes with low or no heels
- River sport walking shoes or sandals such as Tevas®
- Waterproof, lightweight, well-broken in hiking boots for trekking activities in Andes, Galapagos or Amazon (if applicable)
- Socks
- Wide-brimmed sunhat that ties on

#### Other Recommended Items

- Face masks and hand sanitizer
- Sun block and lip balm
- Simple first-aid kit
- Sunglasses
- Prescriptions and medications (in their original bottles and/or packaging)
- Mosquito repellent
- Extra eyeglasses/contact lenses
- Smartphone
- Charging cables for electronics
- Global travel adapter

#### Optional Items

- Small LED flashlight
- Foldable walking stick
- Lightweight binoculars
- Small waterproof daypack

Laundry service is available at most hotels and dry cleaning is available in larger cities. Check costs and return times before using these services.

#### TIPPING GUIDELINES

While decisions regarding tipping rest entirely with you, we suggest the following gratuities (noted in U.S. dollars) depending on the type of journey:

	<b>All Small Group Journeys and Pre/Post Tour Extensions</b>	<b>Tailor Made Journeys</b>
Resident Tour Director or Group Extension Guide	\$15 per person, per day	Not applicable

Local Guides	Included	\$15 per person, per day (full day)
Drivers	Included	\$10 per person, per day (full day)
Airport Transfer Drivers	Included	\$5 per person, per transfer
Hotel Porters	Included	\$2 per bag
Cruise vessels	Included	\$10-\$15 per person, per day – Gratuities accepted on board the boat and shared among the staff.
Naturalist guides on board cruise vessels	Included	\$15 per person, per day – Gratuities accepted on board the boat and shared among the guides.
Housekeepers	Included	\$2 per person, per night
Included Meals	Included	Included
Restaurants or Room Service on Own	10-15% unless already added	10-15% unless already added

For extra nights or Tailor Made services added to a Small Group Journey, please follow the Tailor Made Journeys guidelines for these days only.